

Ortho-Novum 1/80*

norethindrone with mestranol tablets

COMPOSITION: ORTHO-NOVUM is norethindrone (17-alpha-ethinyl-17-hydroxy-4-estren-3-one) with mestranol (ethinyl estradiol-3-methyl ether). Each ORTHO-NOVUM 1/80 Tablet contains 1 mg. norethindrone with 0.08 mg. mestranol.

CLINICAL STUDIES: Clinical studies to date with ORTHO-NOVUM 1/80 Tablets have involved 885 patients through 4,877 cycles of use. The excellent tolerance of the new balanced formulation of ORTHO-NOVUM 1/80 Tablets is illustrated by the fact that only 4.5% of patients discontinued usage for therapy related reasons. ORTHO-NOVUM 1/80 has proven virtually 100% effective in these studies.

DOSAGE AND ADMINISTRATION: For the first cycle only, have her take one tablet a day for 21 days, starting on Day 5 of her menstrual cycle. At the end of the course of ORTHO-NOVUM, she stops the tablets for one week.

From now on, she simply completes each course of tablets, stopping at the end of each course for one week. Your patient will always start her course of contraceptive tablets on exactly the same day of the week. The tablets should be started whether or not menstruation has occurred or is finished.

If spotting or bleeding should occur while taking ORTHO-NOVUM, the tablets should be continued in the regular manner. It is not necessary to double the dosage.

DURATION OF USE: As long as physician feels is desirable.

PRECAUTIONS AND CONTRAINDICATIONS: Although no causal relationship has been proven between the use of progestin-estrogen compounds and the development of thrombophlebitis, physicians should be cautious in prescribing ORTHO-NOVUM 1/80 Tablets for patients with thromboembolic disease or a history of thrombophlebitis.

Patients with pre-existing fibroids, epilepsy, migraine, asthma or a history of psychic depression, should be carefully observed. Pre-treatment examination should include a Papanicolaou smear.

ORTHO-NOVUM 1/80 should not be taken: In the presence of malignant tumors of the breast or genital tract; In the presence of significant liver dysfunction or disease; In the presence of cardiac or renal disorders which might be adversely affected by some degree of fluid retention; During the period a mother is breast-feeding an infant.

PACKAGING: ORTHO-NOVUM 1/80 Tablets in DIALPAK* Tablet Dispensers of 21 and bottles of 500.

Detailed information on request.

*Trademark



ORTHO PHARMACEUTICAL (CANADA) LTD.
Don Mills, Ontario



BOOK REVIEWS

Title: *New Life Begins at Forty*

Author: Robert Peterson

Publisher: Trident Press

Price: \$6.25

New Life Begins at Forty is a collection of aphorisms and stories produced from the syndicated column of Robert Peterson a journalist and management consultant. This "handbook of philosophy" is a superficial treatment of the theme first developed by Pitkin thirty-five years ago in his famous book "Life Begins at Forty".

This new work includes short success biographies and stories used in an attempt to persuade its readers that anyone over forty can make better and happier use of their leisure time.

With the availability of a plethora of worthwhile texts on counselling and office psychotherapy the only possible use this effort might provide would be as a source of simple stories and ideas to illustrate the need for exercise, relaxation and pre-planning in the life of the patient over forty and looking forward to successful and healthy retirement.

E. J. Moriarty, M.D.
Calgary, Alberta

Title: *Man and His Family*

Author: Wilder Penfield

Publisher: McClelland and Stewart Limited

Price: \$3.50

This collection of essays is best summed up in the author's own words—"In these essays, I have dis-

cussed the present crisis from the point of view of one who belonged to the company of founders of the Vanier Institute. I have talked in simple terms of the culture and character derived from family life. I have emphasized the importance of this "culture and character" to education at every stage in life's journey. I have even dared to discuss religion in relation to the family. As scientist and parent, I have looked at human nature and happiness and the problems of modern youth".

Herein, are re-stated fundamental truths that modern society and the family must heed or disintegrate.

The late Georges Vanier, Governor General of Canada, has contributed a foreword which outlines the aims and objectives of the Vanier Institute of the Family.

Paul L. Brady, M.D.
Seaforth, Ontario

Title: *Christine Jorgensen*

Author: A personal autobiography

Publisher: Erickson

Is he a She or is she a He? The lay press and public may take this jaundiced view of the book "Christine Jorgensen". However, it is an earnest and factual account of a true female, clothed in the anatomy of a puerile male. A sincere plea for understanding of similar problems coupled with an account of the tribulations encountered throughout an uprooted existence make the substance of the volume. It may give the reader more understanding of the types of female gender disturb-

ances always present in the human species.

J. I. Leventhal, M.D.
Downsview, Ontario

Title: *How to Raise a Brighter Child*
Author: Joan Beck
Publisher: Trident Press
Price: \$6.25

This book should interest all parents of pre-school children. It is easy to read and simple to understand so that the information contained can be put to practical use.

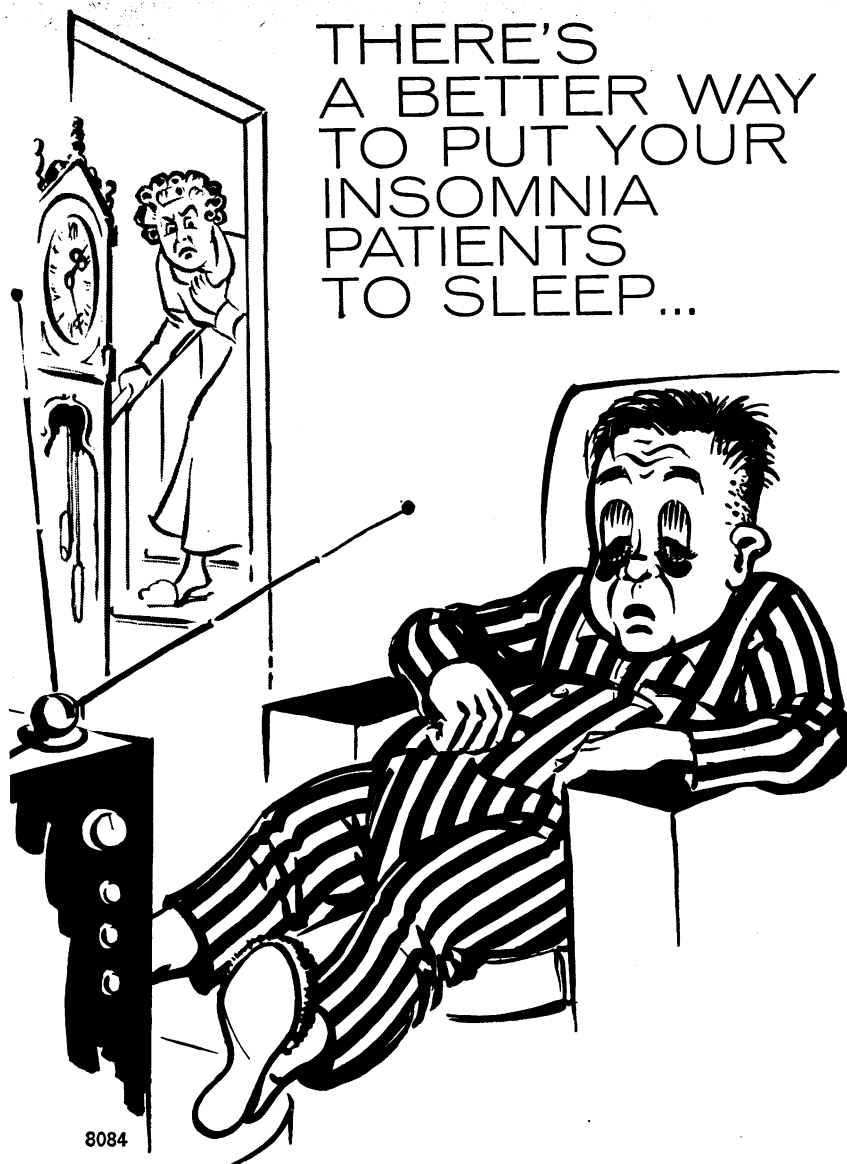
Andrew Chlebus, M.D.
Weston, Ontario

Title: *Biology of Respiration*
Author: Sir Victor Negus
Publisher: E. S. Livingstone Limited
Price: \$10.75

Beginning with plants and going on to the amoeba, the hydra, the sponge and the starfish the author describes and illustrates respiration. Flies, bees, spiders, centipedes and grasshoppers have tracheae. The evolution of the respiratory system in plants, such as leaf iris and frog-bit through snails and spiders is described with pictures. The mechanism of respiration showing a sharp-nosed crocodile, a python, and a young lion is set out. Lips are present in mammals who suckle their young; herbivorous animals require cheeks to prevent food from being squeezed out during mastication, carnivorous species bolt their food so do not require cheeks.

Non-return valves are present in the larynx of frogs. A few warm-blooded birds and mammals can disengage their temperature regulating mechanism under certain conditions to become cold-blooded, metabolism is reduced, a death-like torpor supervenes. The explanation is not known.

This is a beautifully illustrated book full of fascinating facts of interest to biologists, otolaryngologists



THERE'S
A BETTER WAY
TO PUT YOUR
INSOMNIA
PATIENTS
TO SLEEP...

Doriden[®]

Glutethimide

Non-barbiturate, hypnotic and sedative.

Of the varied, innumerable routes of transporting Mr. Insomniac to slumberland, Doriden has proved, time and again, to be the better way.

Advantages of Doriden: ■ Helps overcome anxiety-induced insomnia. ■ Sleep comes quickly, usually within 30 minutes. ■ Patients sleep restfully for 4 to 8 hours. ■ Patients awake refreshed, usually without morning "hangover". ■ Minimal side-effects. ■ Well tolerated even by the aged and the chronically ill. ■ In recommended dosage, respiratory depression rarely occurs even in the presence of decreased pulmonary function. ■ Non-toxic to the liver, kidney and blood. ■ The smooth sedative action induces tranquility and a sense of well being without dulling psychomotor performance.

Indications: Insomnia, anxiety-tension states, pre-operative sedation, first stage of labor.

Dosage: Insomnia: 0.5 Gm. at bedtime. Daytime sedation: 0.125 to 0.25 Gm. 3 times daily after meals. Preoperative sedation: 0.5 Gm. the night before surgery; 0.5 to 1 Gm. 1 hour before anesthesia. First stage of labor: 0.5 Gm. at onset of labor.

Side-effects: Occasionally, nausea and a generalized, nonpruritic skin rash.

Caution: As with other sedatives, emotionally disturbed patients who may receive Doriden over prolonged periods should be observed carefully

for possible signs of dependence, even though this occurs but rarely. To minimize withdrawal reactions, dosage should be reduced gradually.

Detailed information about therapeutic action, side-effects and cautions is available on request.

Supplied: Capsules of 0.5 Gm. (blue and white); bottles of 100 and 500. Tablets of 0.25 and 0.5 Gm. (white, scored); bottles of 100 and 500.

C I B A

WHERE RESEARCH IS THE TRADITION